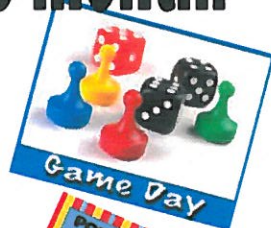


2016

MARCH

New this month!



Galloway Township Community Services
Office of Senior Services

621 W. White Horse Pike
Egg Harbor City, NJ, 08215

Phone: 568-5073 Fax: 652-9985
Email: gtseniors@comcast.net

Nutrition Site: (609) 241-0246

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		¹ Nutrition Workshop Parkinson's Presentation	² Atlantic County Nutrition Site	³ 	⁴ Atlantic County Nutrition Site	⁵
⁶	⁷ Atlantic County Nutrition Site	⁸ 	⁹ Atlantic County Nutrition Site	¹⁰ New Day of Galloway 	¹¹ Atlantic County Nutrition Site	¹²
¹³	¹⁴ Atlantic County Nutrition Site	¹⁵ 	¹⁶ Atlantic County Nutrition Site	¹⁷ 	¹⁸ Atlantic County Nutrition Site	¹⁹
²⁰	²¹ Atlantic County Nutrition Site	²² Dementia Talk 	²³ Atlantic County Nutrition Site	²⁴ 	²⁵ Atlantic County Nutrition Site	²⁶
²⁷	²⁸ 	²⁹ Prescription safety & Vaccine clinic 	³⁰ Atlantic County Nutrition Site	³¹ 		

March 2016

Galloway Senior Center Calendar Activity Description

All Activities are **HELD** at the Galloway Senior Center

All Programs are for INFORMATIONAL purpose....

March 1 @ 9:30 am... **Nutrition on a BUDGET is a easy as a SNAP!** SNAP, what is it? Can I get it? Come find out....**FREE Breakfast snack.**

@ 11:00am... **Parkinson's Disease: Signs, Symptoms and therapy helps**, Presentation by Body in Balance **Refreshments Served.**

March 3 @ 9:30 am... **FREE Basic Crochet Class** in library room, bring a skein of yarn and a crochet hook, **Reservations Required** Call Jennifer (609) 568-5073 or email GTSENIORS@comcast.net SPACE IS LIMITED!

@10:30am ...**CHAIR YOGA and Fitness with April** in library room! Class is \$5.00 per person payable to instructor the day of the class.

March 8 ... MEETING IN PROGRESS, SORRY, NO EVENTS AT THE SENIOR CENTER TODAY

March 10 @ 9:30 am... NEW DAY IN GALLOWAY... What is New Day Family Success Center of Galloway? Can I use any of its resources? Come find out! **FREE Breakfast snack.**

@10:30am ...**CHAIR YOGA and Fitness with April** in library room! Class is \$5.00 per person payable to instructor the day of the class.

@12:00 Noon... BINGO! Sponsored by Griswald Home Health Care **Free Lunch!**

March 15 @ 10:00 am BINGO! Sponsored by Royal Suites with **Free Breakfast Snack!**

@ 1:00 PM AARP monthly meeting... Looking for New Members Call Josephine Barr for more information (609) 748-8491

March 17 @10:30am ... **CHAIR YOGA and Fitness with April** in library room! Class is \$5.00 per person payable to instructor the day of the class.

@ 12:00 noon **MOVIE day! Movie Title to Be Announced!** If you have a favorite movie or a suggestion to watch let us know... **Popcorn and refreshments served!**

March 22 @ 9:30 am... Dementia Presentation by The Alzheimer's Association **Refreshments served**

@ 11:00 am... BINGO! Sponsored by Linwood Care Center **FREE LUNCH!**

March 24 @10:30 am ... **CHAIR YOGA and Fitness with April** in library room! Class is \$5.00 per person payable to instructor the day of the class.

@11:30 am...GAME DAY! UNO! YAHTZEE! SCRABBLE! PINOCHLE! CARD GAMES! TRIVIA! PHASE 10!... Come out and play by yourself or bring a group.....

March 29 @ 9:30 am **Check you Medicine Cabinet & vaccine clinic** (Whooping Cough and MMR) Prescription Safety presented by Rite Aide with **free Breakfast snack ***Rescheduled from January!**

@11:00 am BINGO! Sponsored by the Health Center at Galloway with **FREE LUNCH!**

March 31 @10:30am ... **CHAIR YOGA and Fitness with April** in library room! Class is \$5.00 per person payable to instructor the day of the class.

@12 noon... Elder Law... Wills, documents, Power of Attorney... Grayson Heberley Esq. will be giving a presentation and answering your questions. **FREE LUNCH**

SEE THE SENIOR SERVICES OFFICE IF YOU HAVE ANY QUESTIONS OR TO CHECK OUT BOOKS ON CD!

NUTRTION SITE Every MWF- Lunch @ 12 noon Reservations Required (609)241-0246

The Galloway Senior Center WILL NOT be accepting any donations of books or magazines

Want to be added to our Senior Email list for updates?

Send an Email to GTSENIORS@COMCAST.NET